

BECOMING LIKE JESUS: WEEK TWO

RELATIONAL PATTERNS (1/30-2/5)

LEADER GUIDE

ANNOUNCEMENTS: Youth Progressive Dinners, Upcoming MC Schedule for Feb: P3, Super Bowl Party, Workshop 3/5 together as MC,

DEBRIEF OVER A MEAL (25 MINUTES)

If you are in a Community of seven or more, divide into small groups of 3–4 people each, then talk through the following debrief questions:

1. What was your experience like working on your genogram?
2. Was there anything from your own personal story that you want to share or discuss?
3. What was one insight, event, or pattern from your family of origin that was surprising or new to you?
OR Is there an event or pattern from your family of origin that you believe has had the greatest impact on you.
4. Did you experience any “aha” moments or breakthroughs?
5. What was your experience processing some of these things through the prayer and scripture prompts?

TRANSITION BACK TO ONE LARGE GROUP

[PODCAST LISTEN](#) (23 MINUTES)

Leader: *This week we are getting things started by listening to a second podcast together from the Allender Center on attachment and family relational patterns. As we listen together, jot down one or two things you would like to talk about together as a group.*

DISCUSSION (15 MINUTES)

1. Share one of the thoughts or questions you had while listening to the podcast?
2. As you listened, did anything make you think of your own family?
3. If natural conversation doesn't include the concepts/quotes below, take a few minutes to read the quote and have some discussion around it.

“The history of your family, and the life of the individuals in your family, research is indicating, play a profound role in not just social construct, but actually the very nature of being—our DNA. When we start owning that we are highly related individuals, shaped by interactions and shaped by biology, then we begin to say—oh my goodness, why is it as a culture, as an individual, we're not taking the reality of our family and our stories, and their stories, far, far more directly into our own lives?”

“God has made us to be highly, highly resistant to harm, and highly open to good.”

“Because the hope of resurrection reminds us again and again, in spite of the depth of our harm and the stubbornness of our patterns: change is still possible.”

OVERVIEW & WALK THROUGH THE UPCOMING PRACTICE (15 MINUTES)

Leader: Our exercises for the coming week are focused on identifying *relational* patterns from our family of origin and how those patterns have impacted our ability to *relate* to others, and to God. After all, *how you relate is how you relate.*

We'll focus on identifying relational patterns like, separation, divorce, remarriage, abandonment, adoption, emotional unavailability, etc., and then start to identify more subtle and covert relational patterns we have learned in our family of origin or early years that continue to shape the way we relate to others and God today.

Let's go over the exercises together. Just a heads up, we expect these exercises to take about 1-2 hours, and you may find it beneficial to connect with a family member or two along the way.

EXERCISE 1: RELATIONAL PATTERNS

- Pull out your *Genogram Workbook* from last week. Settle into a comfortable, quiet place, and put away any other distractions.
- Invite the Holy Spirit to lead and guide your mind and heart, and give you peace through this exercise.
- Review your genogram, then turn to week 2 and fill in the following relational patterns using the key provided.
 - Separation, divorce, remarriage, abandonment, adoption, relational enmeshment, codependency, emotional unavailability, sexual relationships, living together, sexism, cutoffs, cutoffs repaired, closeness distant relationships, sexual abuse, physical abuse, or emotional abuse.
- Take a few minutes and identify and write down any relational patterns you've discovered. Listed below are a few examples of what to look for:
 - Patterns of births, deaths, natural crisis
 - Patterns of closeness and distance
 - Patterns of emotional availability, codependency, and depth
 - Patterns of emotional cut-offs or enmeshment
 - Patterns of dominance or submission
- At this point be mindful about the emotions you are feeling. Invite and allow the Holy Spirit to help you identify and process these emotions. Utilize the [coping skills resource](#) as needed.
- Journal: Take a few minutes to write how doing this exercise has emotionally impacted you.
- Pray: ask God to comfort you, protect you, and continue to help you make connections between your past and present.

EXERCISE 2: ATTACHMENT

- Read through each of the listed attachment styles on page 6.
- Take a few minutes and pray. Ask the Holy Spirit to help lead you as you review the attachment styles listed.
- Check the box that you feel applies to and describes your *relational default*.
 - Please note these are not *prescriptive*. Do your best to identify the style that best fits you.
- If you're married or dating seriously, talk through your findings with your spouse or significant other.
- If you want to go deeper on this exercise, see a therapist or couples counselor. (A [list](#) of local therapists and counselors will be at the bottom of this exercise)

EXERCISE 3: EVIL FOR GOOD

- Locate the third section of week 2 in your *Genogram Workbook*. Read and respond to the following question: What evil things in your life and family history has God used for good? And how?

- Answering and thinking through this question should foster a spirit of gratitude. Take a minute or two to thank God for his ability to heal, transform and deliver.
- Take a little time to read through the story of Joseph from the end of Genesis. Meditate on Genesis 50v19-21.
- If you want to go deeper on this exercise, see a therapist or couples counselor. (A [list](#) of local therapists and counselors will be at the bottom of this exercise)

QUICK DISCUSSION

1. Any thoughts, creative ideas, or feedback on this coming week's practice?

Leader Notes:

1. People will need both the genogram workbook and the weekly guide.
2. They can watch the [Relational Patterns Genogram Tutorial Video](#) (Link is in their guide)
3. Be sure to highlight the prompt portions that involve prayer, journaling, etc... this is the meat of these practices and might be the easiest to ignore.
4. Remind people about the additional resources (digital guide, genogram workbook, relevant reading, list of local counselors, and coping skills), at redemptionchurchga.com/mcguides.

CLOSE IN PRAYER (5 MINUTES)

Make space to spend real time praying for one another and the coming exercises.